

# ramona graham fitness trail at cleveland park station guide



## 1. Pushup Bars

Place your hands on the bar in push-up position (the higher bar is for beginners, the lower bar for advanced) toes on the ground, body straight, abdominals in - don't arch your back or raise your backside. Slowly lower your chest toward the bar as you bend your elbows and return to start position. Perform at least 2 sets of 10.

## 2. Bench Dips

This station works your triceps (the back of your upper arms). Grasp the bars with both hands while in a seated position, your legs bent (beginners) or straight out (advanced) in front of you, keeping your backside suspended above the grid platform. Slowly lower your body as you bend your elbows, flexing the triceps, then push your body upward as you straighten your arms, contracting the triceps. Repeat. Perform at least 2-3 sets of 10-15.

## 3. Parallel Bars

Parallel bars are great for performing military-style bar dips to strengthen the triceps (back of upper arms) and the chest. Grasping both bars, lift your feet off the ground, bend knees, and cross your ankles. Slowly lower and lift your body in a dipping motion, bending your elbows as you lower and contracting your triceps as you lift. Do as many as you can, and try to do one or two more with each training session. You can also perform "hand walks" - grasping both bars, feet off the ground, "walk" your hands down the length of the bars until you come to the end. Repeat.

## 4. Rope Climb

The rope climb is for building upper body strength. Everyone has their own method for climbing the rope, but typically, you grasp the rope with both hands, and either position it between your feet, or wrap it around one ankle to help you "creep" up the rope. Go hand-over-hand, pulling your body upward, inching your feet up the rope as you go. Then slide down, or reach over to the second rope and slide down. This drill also requires practice for improvement in your strength, skill and speed.

## 5. Body Curl

This station targets your abdominals. Lying supine (on your back) on the bench, grip the bar above your head

with both hands. Keeping your legs together, raise your feet until your body makes a 90-degree angle and the bottoms of your shoes are facing the sky. Slowly lower your legs until your feet hover above the base of the platform, then slowly return to start position. If your lower back is weak, utilize a smaller range of motion. As you become stronger, work on lowering your feet further. Do at least 3 sets of as many repetitions as possible. You can also perform "elevator crunches" with this station. Get in the same position as above, but keep your feet up. Contracting the abdominal muscles, raise your backside off the bench as you raise the bottoms of your feet skyward. Return to start position and repeat. Do at least 3 sets of as many repetitions as possible.

## 6. Chin-up/Pull-up Bars

Pull-ups target the muscles of the back and the biceps (the fronts of your upper arms). Notice there are 3 levels. Beginners should use the lowest level, as this will allow you to use the support of your feet as you pull up on the bar - this is called a "bent-knee include pull-up." As you become more advanced, work your way up to the tallest bar, where you can perform "dead hang" pull-ups (full body-weight pull-ups).

You can also use a partner to hold your feet as your knees are bent. They can provide a little added lift as you pull upward. These are called "assisted pull-ups." You can position your hands in either 1) an under-handed grip (palms facing toward you) or 2) a reverse grip (palms facing away from you).

Grasp the bar, arms fully extended with the body in the lowered position. Using your upper back muscles, pull your body upward until chin is level with the bar. Then slowly lower your body until the arms are once again fully extended. Repeat. Do as many pull-ups as you can, trying to add one or two more with every training session.

## 7. Leg Raise

Leg raises work the lower portion of your abdominals and the hip flexors. Stand with your back to the bar. Reach over head and grasp the triangle bar with both hands. Lift your feet off the ground until your body is suspended. With knees bent and together, raise your legs in front of you up to waist level, lower and repeat. If you are advanced, you can perform straight leg raises. Do 2-3 sets of as many repetitions as you can.

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### 8. Squat & Stretch

Squats are to condition the glutes (buttocks) and thighs. Standing on one of the four side bars, feet shoulder-width apart, grasp the center pole for balance. Keeping your abdominals contracted, bend your knees and lower your body into a squat position - imagine sitting down in a chair. Be careful to keep your knees safely behind your toes to prevent knee strain. Keep your chin up - if you look down, you will misalign the spine. Return to upright position and repeat. Do 2-3 sets of as many repetitions as possible. This station is also a great place to stretch your lower body muscles. For instance, you can stretch your hamstrings (the backs of your thighs) by placing one foot firmly on the ground, knee slightly bent; lean your upper body comfortably toward the foot of the leg you are stretching and feel the stretch in the back of your thigh. Repeat for the other leg.

### 9. Horizontal Ladder

This is great for the kid in you! Think back to school recess and you'll know what to do! Swing from bar to bar like a monkey, or do old-fashioned pull-ups!

### 10. Step-Up

Step-ups are to condition and tone your thighs and buttocks. Standing, grasp the center bar with one hand. Place one foot on one of the "mushroom stools." (Notice the different heights - beginners start with the lowest level, advanced use the higher levels). Pressing your foot firmly into the stool, step up and contract your quadricep (the muscles of your front thigh). Also squeeze the muscles in your buttocks at the top of the contraction. Then slowly lower and repeat. Do 2-3 sets for at least 10-12 repetitions for each leg. You can perform using one leg at a time, or alternate your step-ups.

### 11. Scaling Wall

This wall is for adding a little obstacle-course fun to your run/walk. As you run/walk off the paved trail, pick up a little speed. As you come off the wall, lightly grasp the top

of the wall and hurdle your body over it sideways. Then run up the hill and get back on the paved trail, continuing your run/walk to the next station.

In the fall, be careful of dry leaves as you come off the paved trail - they're slippery!

### 12. Log Hop

The four logs of the Log Hop are for performing plyometric training. Plyometric exercises include hopping, leaping, jumping and bounding.

With your knees slightly bent, use your arms to lift your body as you jump over each log. You can jump from log to log, or jump forward then backward.

You can jump with both feet simultaneously, or jump on one leg. You can also jump from side to side - just be careful with those knees!

### 13. Balance Beam

This station is for improving your balance. Think gymnast on the balance beam: standing straight, chin up, arms out to the side, one foot over the other.

### 14. Vault Bar

Again, another obstacle, just like the scaling wall. Pick up a little steam and hurdle your body over the bar.

### 15. Handring Bridge

A variation of the horizontal ladder, swing from ring to ring, do pull-ups or create your own upper body conditioning drill!

### 16. Sit-Up Bench

This station is for performing abdominal crunches. Sitting down on the grid, hook your feet under the bar at the end, knees bent. Place your hands behind your head, fingers lightly touching the sides of your head - don't lock your fingers or pull on your neck. Slowly contract your abdominals in a crunching motion, lifting your shoulders slightly off the bench. Think of squeezing your stomach, not jerking your body up. Return to start position and repeat. Do at least 3 sets of 15-20 reps.

**City of Greenville Parks and Recreation: 467-4355**

**Ramona Graham: 322-9282**



**P** Parking

**1** Shelters

Veterans  
Memorial

## Fitness Trail Map Cleveland Park

Woodland Way Circle

Lakehurst

Woodland Way

1... Push Up Beam

2... Bench Dips

3... Parallel Bars

4... Rope Climb

5... Body Curl

6... Chinning Bar

7... Leg Raise

8... Squat Bench

9... Horizontal Ladder

10... Step Up

11... Scaling Wall

12... Log Hop

13... Beam Run

14... Vault Bar

15... Hand Rings

16... Sit Up Bench

Sand  
Volleyball

For more information, call the  
City of Greenville  
Parks and Recreation Department  
at 467.4350